

# ASHBURNHAM COA NEWSLETTER

APRIL 2022

32 Main Street

Ashburnham, MA 01430

**SENIOR CENTER HOURS:** Monday through Wednesday 9 AM – 2 PM. Thursday 9 AM – 1 PM

**CLOSED ON FRIDAY**

**978-827-5000**



## Calendar of Events

- **Painting class:** Mondays 12:30 – 2:30: Acrylic and watercolor. *Closed 4/18 Patriots Day!*
- **Card class:** Tuesdays 10:00 -12:00: Call for April dates
  - **Pickleball:** Wednesdays 9:30 – 12:30
  - **Fitness class:** Thursday 9:00 – 9:45
  - **Line dancing:** Thursday 10:00 – 11:00

**APRIL 5:** BLOOD PRESSURE CLINIC 10:30 & MOTHERS DAY CRAFT WITH MICHELE MORIN 11:00 (SEE FLYER)

**APRIL 11:** COA BOARD MEETING 11:30 AM

**APRIL 7:** PAULA MAGEE (STRENGTH & BALANCE) RETURNS THURSDAYS STARTING IN APRIL AT 9 AM. LIBRARY VISIT AT 9:45 AM.

**APRIL 12:** TUESDAY 10:30 **VETERANS BRUNCH** HOSTED BY HUMANA AT THE SENIOR CENTER. COME SHARE A MEAL WITH FELLOW VETERANS, MEET OTHER VETERANS AND THEIR FAMILIES.

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## VISIT FROM STEVENS MEMORIAL LIBRARY

The library is coming to you! The library will be at the Council on Aging on Thursday, 4/7 at 9:45 and again on Monday, 5/9 at 9:45. You'll have an opportunity to sign up for your Library card, learn about library programming and resources, and share your ideas for what types of programming and resources you'd like to see from the library. The library will also be bringing free giveaways for anyone who attends.

## TRANSPORTATION

Take note: **Vans are currently running Tuesdays through Friday.** Vans are extremely busy doing runs to medical appointments and shopping to Gardner and other local towns. Please schedule your appointments between 8 am & 2:30 pm. **We are short a driver which brings more challenges.**

**Starting in May the van will ONLY be running Monday through Thursday, prepare accordingly.** Please call ahead to schedule a pickup. Thursday is shopping in Athol to Market Basket, Hobby Lobby. Bring a friend and have some fun. Assistance with loading and unloading packages will be available. Masks are required on vans. If you have email and it is Friday or a weekend, please email [jrobbins@ashburnham-ma.gov](mailto:jrobbins@ashburnham-ma.gov) to schedule or cancel an appointment/ride.

From Seven to Seventy-Seven  
As a seven-year-old, I watch, with surprise,  
My grandma requiring two or three tries  
To stand up, after squatting with me on the floor,  
For a game we've been playing, it seems a such a chore,  
Persuading her seventy-seven-year-old  
Recalcitrant knee joints they need to unfold.

...

Today, as I raise myself up from the floor,  
After sorting some stuff in a bottom desk-drawer,  
I beam a thought up to my grandma, in heaven:  
"I get it, about being seventy-seven!"

By Patricia H. Frederick Age 78

## Dollar Store DIY Décor & More with Michele Morin

### Farmhouse Decor

#### DIY Farmhouse Décor April 5th

Tools and basic materials  
will be supplied as shown.

If you would like to add  
embellishments or personal  
touches, please feel free to  
bring your own additional  
materials.

**SPONSORED BY:**  
Michele Morin  
Community Relations



### FARMHOUSE PIZZA PAN DECOR

**Join Us!**  
**Tues, Apr 5th**  
**11:00am - 12:00pm**  
**Ashburnham Senior**  
**Center**  
**RSVP by March 28<sup>th</sup>**

Please call the Senior Center  
directly to register.  
Maximum Participants:  
10 people  
**SIGN UP EARLY!**

## COMMUNITY SERVICES AND INFORMATION

• **SHINE:** Counselor available. Call senior center to make appt or discuss over the phone with Shine counselor.

• **Community Legal Aid of Central MA** Free 855-252-5342 or [www.communitylegal.org](http://www.communitylegal.org)

• **Food Stamp Program (SNAP)** - 978-665-8700

• **Fuel Assistance** 978-342-4520 (NEFWC); 978-342-9407 (Salvation army); 877-563-4645 (Joe for Oil).

• **MEALS ON WHEELS** is offered Monday, Wednesday & Thursday. Call 978-345-8501 Ext #2 to sign up.

**Central MA Agency on Aging** 508-852-5539

## FREE MEDICAL EQUIPMENT & LOANS

Depends, canes, commode, walkers with basket or tray table, shower chair, sock helper aid, sharps containers, folding cane, gait belts, compression socks, etc...

## HAVE QUESTIONS ABOUT MEDICARE COVERAGE? INSURANCE NEEDS?

MEET (OVER THE PHONE) WITH SHINE COUNSELOR TO GET YOUR QUESTIONS ANSWERED.  
978-400-0690.

## FRIENDS OF THE COA

is a 501c3 non-profit group which raises funds and provides financial assistance for both regular and special programs offered at the Senior Center. We are seeking a committee who is willing to start this group.



## COA DONATIONS

The Senior Center has a VERY tight budget. So, any financial support will go a long way!

## HOW TO DONATE:

We are often asked how folks can donate to the COA. Interested parties can make a check out to the **Town of Ashburnham** and include a note that indicates that you would like your donation to go to the **COA donation Account**.

Your donation can be dropped off at our offices located in the Town Hall or mailed to: 32 Main Street, Ashburnham, MA 01430 Attn: COA Donation Account

Your donation is considered tax deductible.

## A GIFT IN YOUR WILL

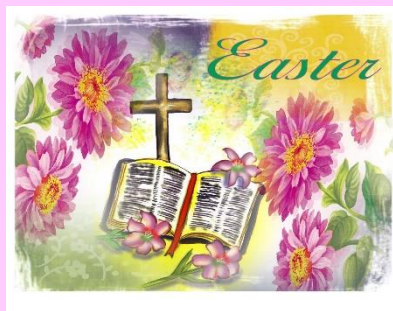
I give and bequeath to the Town of Ashburnham-COA Donation Account in Ashburnham, Massachusetts the sum of \$\_\_\_\_\_ or \_\_\_\_\_% of the rest, residue, and remainder of my estate to be used for the benefit of the seniors of Ashburnham, Massachusetts.

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## IN-HOUSE DONATION REQUEST

If you are interested in donating to the senior center, we need water (jugs or bottles), USB cord, and zip lock bags.

Are you on our EMAIL LIST? We send "Email Blasts" when we have new programs and special events. Don't miss out! Sign up today! Call 978-827-5000



## COA BOARD

Next meeting Monday April 11 at 11:30 AM.

## SHRINER'S HOSPITAL

We have a wonderful volunteer, Dan, who drives to Shriner's hospital to drop off can tabs as a donation to the children of Shriners. Do not throw those can tabs away. Dan comes monthly to pick up and drive to Shriners!

## FILE OF LIFE

Pick up your updated file of life cards today to place in your home and vehicle.

## STAMPS

**Do you need stamps? We have envelopes you can place in your mailbox, and the post office will deliver your stamps directly to you.**

## SAND DISTRIBUTION

Thank you, Mr. Zbikowski, for donating a large number of buckets to be used for sand next year or can be repurposed to make garden pots.

## HELP WANTED

**-Per diem van driver needed.**

New: Puzzles, board games, a full closet of gently used clothing, all sizes, men & woman. We have a few shelf-stable food items left so come on down!

**[www.covidtests.gov](http://www.covidtests.gov)**

For your free test kits



You are  
cordially  
invited



## **Please join us for Veteran Breakfast plus Families!**

**This is a community educational event. Everyone is welcome!**

**Ashburnham Council On Aging**

32 Main St, Ashburnham, MA 01430

April 12 at 10:30 - 11:30 a.m.

**Call a licensed Humana sales agent to RSVP**



**BRANDON FARLEY**

**857-995-7261 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.

[BFARLEY@HUMANA.COM](mailto:BFARLEY@HUMANA.COM)

**Humana.**

For accommodations of persons with special needs at meetings call 1-877-320-1235 (TTY: 711), 8 a.m. – 8 p.m., seven days a week.

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## **MEN'S 70+ GOLF LEAGUE**

**WESTMINSTER COUNTRY CLUB  
THURSDAY'S 9 AM**

### **NEW Senior Men's League**

Looking for Senior Men's golfers for a chance to get together, play nine holes, maybe have lunch and enjoy summer golf.

\$20 to walk-\$30 to ride 9. Planned Start May 5, 2022 Thursdays at 9 AM. Must be 70 or older during 2022.



**\$20 per vaccine  
Cash or Check**

# **PET RABIES CLINIC**

For Nashoba Residents

**SATURDAY MARCH 26TH | 12pm-2pm**  
Townsend Highway Dept. | Dr. Flanagan, DVM  
177 Main Street, Townsend



Dogs and cats over six (6) months of age, not previously immunized, and those with a green bell (2019) rabies tag must have a current rabies vaccination. The veterinarian will inform you of the expiration date for the rabies vaccine given to your pet for this visit. Please bring a copy of your pet's last rabies certificate if you have it.

**ALL DOGS MUST BE ON LEASH  
ALL CATS MUST BE IN CARRIER/BOX**



**Nashoba Associated Boards of Health**  
*in Partnership with your Local Board of Health*

We are grateful for the support we receive from the  
participating veterinarians to provide this  
valuable and important service